

Safe Sleeping for Babies



If your baby is under 12 months old, you can help prevent Sudden Infant Death Syndrome (SIDS), suffocation, and strangulation.

FOLLOW THESE SIMPLE STEPS:

1. Place your baby on his or her back to sleep. (But while the baby is awake, be sure he/she gets plenty of “tummy time” to help build neck, back and arm strength.)
2. Remove all soft and extra bedding from the crib. Use warm, blanket-type sleep clothing rather than blankets.
3. Put your baby to sleep in a crib that meets current safety standards. Don’t put a baby down to sleep on a sofa, waterbed or adult bed.

4. Don’t sleep with your baby. A sleeping adult can roll over onto the baby, suffocating the child. The greatest danger is when an adult sleeps with a baby on the sofa or when several children sleep together in an adult-sized bed. Babies can roll into spaces between the wall and the bed or other small crevices where they can suffocate.

WHY FOLLOW THESE STEPS?

1. Babies who sleep on their backs have a much lower risk of dying from SIDS and suffocation. (African-American babies die from SIDS at more than twice the rate of other babies.)
2. A baby can suffocate from soft bedding in a crib. Be sure to remove all pillows, quilts, comforters and sheepskins from the crib.
3. A safe crib is the best place for your baby to sleep. Make sure your crib has:
 - no missing or broken hardware
 - slats that are no more than 2 1/2 inches apart
 - no cut-out designs in the headboard or foot board
 - a firm, tight-fitting mattress
 - a safety certification seal (on new cribs)

FOR MORE INFORMATION, CONTACT:

U.S. Consumer Product Safety Commission
Toll-free hotline (Se habla Español): 1-800-638-2772
Website: www.cpsc.gov.



Adapted from information provided by the U.S. Consumer Product Safety Commission and the Children’s Hospital of The King’s Daughters.